OCT 15 1987 185

401-A

D 301.35:166-12/1987

AFP 166-12
25 September 1987

Nutritional Medicine Service

Spending Your Food Dollar Wisely for Good Nutrition

COMPLETED

VL/Asn

This diet instruction has been given to you by _____,
(Name)

at _____,
(Name of facility)

on _____.
(Date)

If questions arise, direct them to the health care provider at _____.
(Telephone number)

DEPARTMENT OF THE AIR FORCE
Headquarters US Air Force
Washington DC 20330-5000

AF PAMPHLET 166-12

25 September 1987

Nutritional Medicine Service

SPENDING YOUR FOOD DOLLAR WISELY FOR GOOD NUTRITION

This pamphlet provides guidance needed by the consumer to follow a prudent diet. The use of names of any specific manufacturer, commercial product, commodity, or service in this publication does not imply endorsement by the Air Force.

	Page
Introduction	3
Shopping by the Basic Four	4
Unit Pricing	13
Food Labeling	14
Nutrition Labeling	15
Open Date Labeling	17
Universal Product Code	18
Save Time and Energy by Substituting	19
Shopping Tips	22
Special Diet Terms	23
Terms Explained for the Consumer	24
Patient References	25

Introduction

Food shopping is an essential part of our lives. The supermarket is in the business to make money by enticing you, the consumer, to spend your food dollars. It is your business to spend your food dollars wisely by making smart decisions. You need to consider your family size, income, lifestyle, and family preferences.

The supermarket is set up to influence your buying by using advertising and a strategic layout. Take a minute to think about the layout of the store where you shop.

Supersedes AFP 166-12, 22 March 1985.
No. of Printed Pages: 25
OPR: MGMC/SGF (Col Mildred J. Chambers)
Approved by: HQ USAF/SGB (Col Phillip E. Smead)
Writer-Editor: Novella S. Hill
Distribution: F

This publication contains copyright material

The dairy section is as far from the entrance as possible so that you will pass many other items on your way to pick up a few dairy products. The wine and bakery sections are near the entrance because the expensive foods must be in the shopping cart in case you run out of money. "Specials" are in middle aisles so you will have to pass other items to get to them. Children's items are down low, near the checkout area, and who wants to argue when other shoppers may be watching. The meat counter is in back so you will have to pass it each time you change aisles. The more expensive items are on the middle shelf, at hand, or eye level.

There are many other strategies the stores use such as providing large parking lots with no meters (so you'll never feel rushed), mood music, food aromas to increase your appetite and your spending, and taped messages to report special offers you may have overlooked.

Buying food is not easy. The supply, price, and quality of our food is forever changing. This pamphlet is designed to help make you aware of today's market so you will be able to use your own strategy to spend your food dollars wisely.

Shopping by the Basic Four

When planning meals for your family, nutrition must be considered. Put your shopping list together by using the basic four food groups. When these foods are taken as recommended, they will supply ample amounts of protein, carbohydrates, fat, vitamins, and minerals necessary for your good health.

The recommended servings from the four food groups for adults supply about 1200 calories. The Guide to Good Eating* gives recommendations for the number and size servings for serveral categories of people.

*Courtesy National Dairy Council.

** Guide to Good Eating ●●●● A Recommended Daily Pattern

Food Group	Recommended Number of Servings				
	Child	Teenager	Adult	Pregnant Woman	Lactating Woman
Milk 1 cup milk, yogurt OR Calcium Equivalent: 1½ slices (1½ oz) cheddar cheese* 1 cup pudding 1½ cups ice cream 2 cups cottage cheese*	3	4	2	4	4
Meat 2 ounces cooked, lean meat, fish, poultry, OR Protein Equivalent: 2 eggs 2 slices (2 oz) cheddar cheese* ½ cup cottage cheese* 1 cup dried beans, peas 4 tbsp peanut butter	2	2	2	3	2
Fruit–Vegetable ½ cup cooked or juice 1 cup raw Portion commonly served such as a medium-size apple or banana	4	4	4	4	4
Grain Whole grain, fortified enriched 1 slice bread 1 cup ready-to-eat cereal ½ cup cooked cereal, pasta, grits	4	4	4	4	4

*Count cheese as serving of milk OR meat, not both simultaneously.

"Others" complement but do not replace foods from the Four Food Groups. Amounts should be determined by individual caloric needs.

**Courtesy of National Dairy Council.

Milk Group

Two servings for adults, four servings for teenagers, and three servings for children.

Shopping Tips

Buy the largest container of fluid milk that you can store and use; the cost per unit should decrease as the container size increases.

Buy and use nonfat dry milk for drinking and cooking. Mix dry milk quart for quart to whole milk to produce a milk with a good flavor at a reduced cost.

Use evaporated milk for cooking.

Most cheeses are excellent sources of high quality protein and are good meat alternates.

Read labels carefully on pasteurized cheese products. Labels often show fat, water, protein, and sodium content.

Use less expensive processed cheeses in cooking and for sandwiches.

Already grated or shredded cheese may cost more than wedges or chunks. Try grating your own and freezing.

Cheddar cheese comes with varying degrees of curing—mild, medium, aged, sharp. Cost usually increases with cure.

Cheese is open-dated. On most cheeses you will find a "sell-by" date. That is the last day the product may be available for sale. The product is dated so that even if you purchase it on the "sell by" date, you will still have enough time to use it at home, if it is stored properly.

Meat Group

Two Servings

Look for the Cut of Meat

For Roasts and Broiling. Rib, tenderloin, porterhouse, sirloin, club, rib roasts, ribeye roasts. These cuts are most tender but also most expensive.

For Braising or Roasting. Blade, chuck, round steak, rump roast, sirloin tip.

For Pot Roasts or Stew. Arm chuck, flank, shoulder clod, eye of round steak. These cuts are less tender but also less expensive.

Look for the Age of Poultry

For Barbecue, Fried, Broiled, or Roast Chicken. Buy young chicken, broilers, fryers, roasters, Cornish hens, capons.

For Stewed, Baked, Soup, or Salad. Buy mature or old chicken, hen, stewing chicken, or fowl.

Fresh Fish

Buy fish with bulging eyes, pink gills, firm flesh and no "fishy" odor.

How Much To Buy?

		Servings Per Pound
Meat:	Much bone or gristle	1 to 2
	Medium amount bone or gristle	2 to 3
	Little or no bone	3 to 4
Poultry:	With bone in	2 to 3
	Boneless	3 to 4
Fish:	Whole	1 to 2
	Dressed	2 to 3
	Fillets	3 to 4

Meat Buying Tips

Whole chicken is usually cheaper than pieces or boneless. Try cutting up whole chicken and using bones for soup stock.

Promptly refrigerate all fresh meat and fish and use within 1 to 2 days.

To prevent "freezer burn" and to keep flavor, remove store packaging and wrap meats using aluminum foil or freezer paper, forcing out air and sealing well.

For tomorrow's dinner—THINK AHEAD and defrost meat overnight in the refrigerator.

Buy uncracked eggs in cartons from a refrigerated case and refrigerate promptly at home to maintain quality.

Generally, if there is less than a 7-cent price spread per dozen between one size and the next smaller in the same grade, you will get more for your money buying the larger size.

A "meatless" day is a possibility. Use beans and nuts or pasta, but complement them with milk or cheese.

Fruit-Vegetable Group

Four Servings

All canned and frozen vegetables are wholesome and nutritious but they can differ in quality which means a difference in taste, texture, appearance, and cost.

Compare costs of fresh, frozen, and canned before buying. Fresh produce is more reasonable in price *in season*, canned or frozen may be better buys at other times of the year.

If fresh produce is lower in price because of deteriorating quality, buy only what you think you will use right away.

Try store brands instead of nationally advertised brands; you will probably save some money.

Whole, canned vegetables generally cost more than cut styles because it is hard to keep fragile produce whole during processing.

Fancy-cut vegetables usually cost more and are best used to dress up a dinner plate or cold salad.

Frozen vegetables in large bags may be more economical since you can take out just the amount you need.

Avoid cans that show signs of bulging or swelling at the ends. Small dents will not harm the contents unless the metal is pierced.

Avoid buying frozen fruit with stains on the package since this may indicate the fruit was defrosted at some point which means quality will have been lost.

Large sized fresh fruits are not necessarily the best quality or the most economical.

Ripen fruits first at room temperature, then refrigerate (except bananas).

Many frozen and some canned vegetables are available with sauces or with other garnishes. These vegetables will cost considerably more per serving. Try buying plain vegetables and making your own sauce.

The crisper drawer or section of your refrigerator has a higher humidity and is the best place for storing your fruits and vegetables.

Try to buy fresh fruits and vegetables in season.

The Four Seasons Fruits and Vegetable Calendar

Autumn Vegetables

Beets
Butternut squash
Turnips
Spinach
Pumpkin
Sweet potatoes
Cauliflower

Autumn Fruits

Apples
Bananas
Grapes
Lemons
Pears

Winter Vegetables

Kohlrabi
Turnips—rutabagas
Parsnips—white or purple
Fennel
Leeks
Endive, Belgian
Romaine
Broccoli
Brussels sprouts

Winter Fruits

Apples
Avocados
Bananas
Cranberries
Grapefruit
Lemons
Oranges
Tangerines

Spring Vegetables

Green beans
Summer squash
Snow peas
Broccoli
Asparagus
Carrots
Green peppers
White turnips
Celery
Leaf spinach

Spring Fruits

Bananas
Lemons
Pineapples

Summer Vegetables

Tomatoes
Peas
Green beans
Squashes
Sweet corn
Cucumbers
Okra

Summer Fruits

Apricots
Bananas
Berries
Melons
Cherries
Lemons
Nectarines
Peaches
Plums
Strawberries
Watermelons

Grain Group

Four Servings

When selecting cereal products of any type, try whole grains for richer vitamin, mineral, and fiber content.

When the same cereal is offered in packages of several sizes, a large package is likely to be more economical than a small package.

Sugar-coated cereals cost more per ounce than many of the common unsweetened cereals.

Ready-to-eat cereals that have absorbed moisture from the air become crisp again if placed in a heated oven for a few minutes.

One cup of uncooked rice yields about three cups of cooked rice.

Macaroni products usually swell to about twice their original size when cooked.

Combining cereals and milk and dairy products provides a complete protein.

Refrigerated and frozen biscuits and rolls are more expensive than those prepared at home.

Mixes can be made at home by sifting together dry ingredients and cutting in the shortening.

Muffins, biscuits, popovers, and all yeast products can be frozen after baking for use at a later date.

Freezer storage times are no longer than 6 weeks for frozen dough, and 3 to 9 months for the baked products.

Use your stale bread to make croutons for soups or salads.

Take advantage of bread specials and freeze ahead.

Check the label on breads and pastas to make sure the product is made with "enriched" or whole grain flour.

Other Group

Use for additional calories after you have met the number of recommended servings from the four food groups.

The pound blocks of butter are often less expensive than butter packaged in 4-ounce sticks.

You can freeze butter to preserve quality.

Whipped butter is expensive and deteriorates rapidly. Flavored butters like garlic butter are expensive. Compare the cost ounce for ounce of the flavored and unflavored products. Make your own.

Unsalted butter is more expensive than salted butter and does not keep as well.

Buy margarine instead of butter—it is less expensive, or use a combination of butter and margarine in cooking if you prefer the butter flavor. Butter flavoring is available for cooking, and it gives the flavor without the calories.

Margarines are made from many types of fats and oils. If you are looking for a "poly-unsaturated" margarine, read the label and buy a corn or safflower oil "tub" margarine.

"Imitation" margarines with half the required fat content have half the calorie content of regular margarine.

Store brand margarines are less expensive than name brand. Take advantage of specials and freeze margarine ahead.

Prepared salad dressing is expensive. Try making your own salad dressings—you'll be surprised at the great taste!

Store fats and oils in cool dark places to preserve quality.

Buy the largest amount of sugar to meet your needs. Sugar cubes and small boxes are often more expensive than large bags.

Commercial cakes, pies, and cookies offer convenience but are expensive. If you have the time, it is usually less expensive to bake your own and the quality is better. Make double batches and freeze your cakes and cookies.

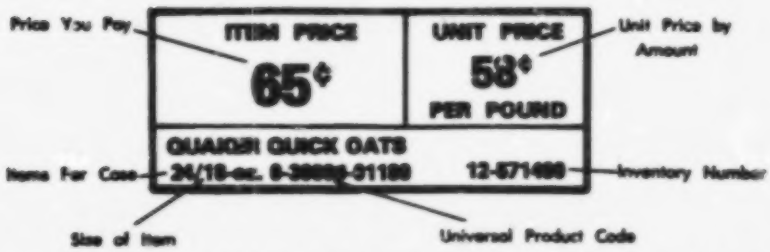
Limit the amount of soft drinks, chips, pretzels, and other snack foods you buy. Water, juice, and milk are better beverages for children. Buy powdered fruit drink mixes instead of soft drinks if you must have something for your children, or make lemonade with less sugar than the recipe calls for.

Encourage healthy snacks such as crackers or raw vegetables with peanut butter or cheese, fresh fruit, or small sandwiches. Make popcorn for the "munchies" instead of chips or sweets that stick to teeth.

Unit Pricing

Unit pricing is the price per standard measure or unit. It provides the shopper with a tool to compare price differences among similar types of products.

UNIT PRICING



There are two prices on a label, an item price and a unit price. The item price is the amount you are actually paying for the product. The unit price is given in price per:

a. Pound	Weight
b. Quart	(Volume)
c. 100 Count	(Number)
d. 100 square feet	(Length X Width)

Using the unit price, you can compare items by similar units and the lower unit price is the more economical buy.

If two items are the same size, the unit price will reveal the cheaper brand.

If a larger size has a lower unit price, it may be a good buy if it will be used up before it spoils.

Unit pricing is a time-saving convenience for the smart shopper.

Food Labeling

Food labels can be a useful source of product information for the "shopwise" consumer. By law, all labels are required to state:

a. The common name of the product.
b. The name and address of the manufacturer, packer, or distributor.
c. The net contents in terms of weight; measure, or count.
d. The ingredients in order of decreasing predominance by weight.

Labeling laws also require that wherever additives are listed on labels, their function must be stated.

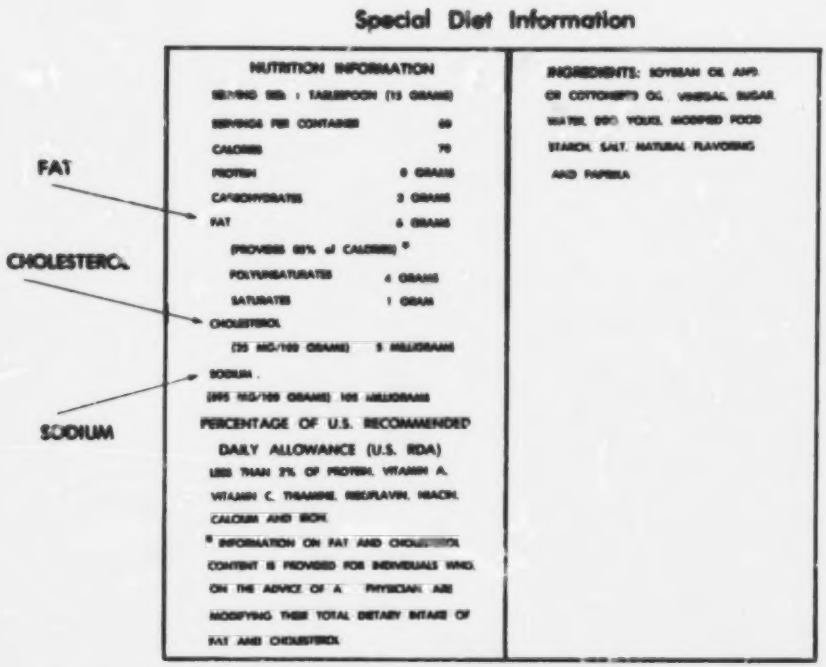
Predominant Ingredient
Functions Stated on Label
Food Additives

Ingredients: Sugar, cornstarch, cocoa processed with alkali, modified cornstarch, whey (from milk), salt, polysorbate 60 (emulsifier—for uniform dispersion of milk), calcium carrageenan (vegetable gum—thickener), artificial and natural flavors.

BEST COPY AVAILABLE

Nutrition Labeling

Nutrition labeling is another source of information to help the consumer in food selection and to evaluate the nutritional value of foods. Although nutrition labeling is *mandatory for only food products to which a nutrient is added or for which some nutritional claim is made*, many food products bear nutrition labeling information.


Special Diet Information
NUTRITION INFORMATION
SERVING SIZE 1 TABLESPOON (15 GRAMS)
SERVINGS PER CONTAINER 60
CALORIES 70
PROTEIN 0 GRAMS
CARBOHYDRATES 3 GRAMS
FAT 6 GRAMS
(PROVIDES 69% of CALORIES) *
POLYUNSATURATES 4 GRAMS
SATURATES 1 GRAM
CHOLESTEROL
(20 MG/100 GRAMS) 5 MILLIGRAMS
SODIUM
(895 MG/100 GRAMS) 105 MILLIGRAMS
PERCENTAGE OF U.S. RECOMMENDED DAILY ALLOWANCE (U.S. RDA)
LESS THAN 2% OF PROTEIN, VITAMIN A, VITAMIN C, THIAMINE, RIBOFLAVIN, NIACIN, CALCIUM AND IRON
* INFORMATION ON FAT AND CHOLESTEROL CONTENT IS PROVIDED FOR INDIVIDUALS WHO, ON THE ADVICE OF A PHYSICIAN ARE MODIFYING THEIR TOTAL DIETARY INTAKE OF FAT AND CHOLESTEROL
INGREDIENTS: SOYBEAN OIL AND/OR COTTONSEED OIL, VINEGAR, SUGAR, WATER, EGG YOLKS, MODIFIED FOOD STARCH, SALT, NATURAL FLAVORING AND PAPRIKA
FAT
CHOLESTEROL
SODIUM

Nutrition labels contain information on calorie content, quantities of protein, carbohydrate and fat expressed in grams, and the percentage of the U.S. Recommended Daily Allowance (RDA for protein, five vitamins and two minerals provided by one serving of the product.

The U.S. RDAs are the amounts of nutrients used as standards in nutrition labeling. These allowances were derived from the RDAs set by the Food and Nutrition Board of the National Research Council Academy of Sciences. These recommended amounts of nutrients are adequate for nearly all healthy persons and generous for most persons.

Additional information may also be on the label:

a. The percentage of the U.S. RDA for any of 12 additional vitamins and minerals furnished by a serving.

b. Information on polyunsaturated fat, saturated fat, and cholesterol furnished by a serving of a specified size.

BEST COPY AVAILABLE

c. Sodium content per serving.

d. Nutrition information for a serving of food cooked or prepared in combination with other foods according to directions given on the label.

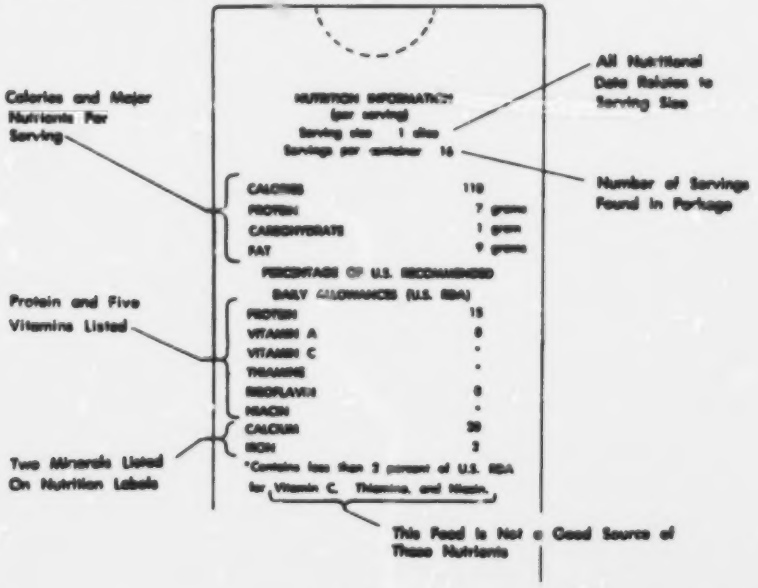
Using nutrition labeling, the consumer can see that foods differ in calories they provide and kinds and amounts of nutrients they contain. The consumer should note that almost no food provides all the recommended amounts of nutrients listed on the label and that a variety of foods of different types is needed to supply the recommended amounts of nutrients.

Diet Food Labeling

If you are on a special diet, learning how to read labels for food content is essential. Nutrition labels often provide information on sodium, cholesterol, and types of fat.

Fat is stated in percent of total calories and amounts of polyunsaturated and saturated fat are given. Cholesterol and sodium are stated in amounts (milligrams) per 100 grams and amounts per serving (size indicated on label). If you are unsure if a food is allowed on your diet, contact a dietitian or nutritionist for advice.

If sodium levels are not given, remember that ingredients are listed in order of predominance. Products that contain several sodium compounds, or products that list salt and other sodium compounds as one of the first few ingredients, such as catsup and canned soups should be avoided. Some common sodium compounds, besides salt, baking powder, and baking soda, are sodium sulfite, sodium phosphate, disodium inosinate, disodium guanylate, and monosodium glutamate.


All Nutritional Data Relates to Serving Size
Calories and Major Nutrients Per Serving
NUTRITION INFORMATION*
(per serving)
Serving size 1 slice
Servings per container 16
Number of Servings Found in Package
CALORIES 110
PROTEIN 7 grams
CARBOHYDRATE 1 gram
FAT 9 grams
PERCENTAGE OF U.S. RECOMMENDED DAILY ALLOWANCES (U.S. RDA)
Protein and Five Vitamins Listed
PROTEIN 15
VITAMIN A 0
VITAMIN C *
THIAMINE *
RIBOFLAVIN 0
NIACIN *
CALCIUM 20
IRON 2
Two Minerals Listed On Nutrition Labels
*Contains less than 2 percent of U.S. RDA for Vitamin C, Thiamine, and Niacin.
This Food is Not a Good Source of These Nutrients

BEST COPY AVAILABLE

Open Date Labeling

There are different types of dates that can appear on food packages. Knowing what these dates mean can be helpful to the consumer in judging food quality and freshness. The date can appear at almost any place on a package, but the top and bottom of a carton or a box are the positions most commonly used. Depending upon the type of product, the date may be any of the following:

The *Pack Date* is the date of processing or final packaging. This date is usually found on the end of canned foods and on cartons of frozen foods.

Pack Date

The *Pull Date* is the last day of recommended sale. After this date a product is not necessarily spoiled or unusable, but is usually separated from fresher stock. Dairy products are likely to carry a pull date.

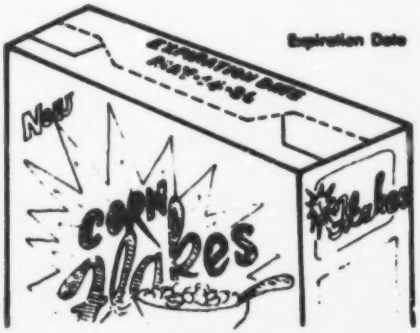
Pull Date

BEST COPY AVAILABLE

The *Quality Assurance or Freshness Date* sets the period of "top quality" of a food product. After this time, the product is still edible but may not be as "tasty." Cheeses, breakfast cereals, mayonnaise, and ready-to-bake cookie doughs often carry freshness dates.

Quality Assurance Date

The *Expiration Date* means the last day of recommended use. This date is most often found on dry yeast.



Expiration Date

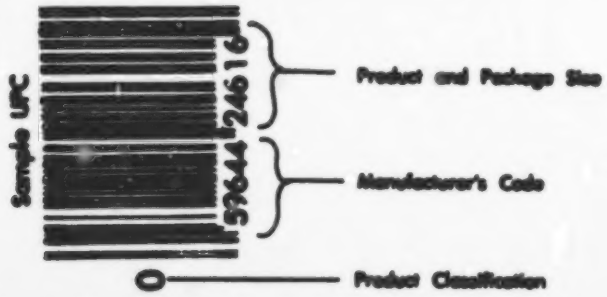
Universal Product Code

The Universal Product Code (UPC) was designed to allow computer pricing in the supermarket. This code must appear on all items in order for the total computerised system to work. It is designed to speed up checkout lines.

The UPC is a series of dark and light lines varying in width with a 10-digit number. A zero at the left of the first line indicates a food product. The first five numbers identify the manufacturer of the food. The next five numbers provide information on the size and the contents of the package.

BEST COPY AVAILABLE

At the checkout line the UPC is run over a scanner which identifies the product and the price. The instore computer displays the information and prints it on the sales receipt.



The advantages to this system include a quicker checkout time, greater accuracy, and more information on the sales receipt.

The original plan of the program was to eliminate prices on the individual items but consumer studies have shown a preference to individually price items.

Saving your sales receipts will provide you with a method of comparing prices in other stores and from week to week. It is also helpful in planning your budget because you can see exactly how you are spending your food dollars.

BEST COPY AVAILABLE

Save Time and Energy by Substituting

In today's hurried world of high energy costs, making several trips to the grocery store to pick up a forgotten ingredient is expensive! Before using that extra energy and time, check the list below—save yourself a trip!

NOTE: tsp. = teaspoon, c = cup, sl. = slice, tbsp. = tablespoon, oz. = ounce

Allspice	1 tsp. equal 1/2 tsp. cinnamon and 1/2 tsp. ground cloves.
Baking powder	1 tsp. equals 1/3 tsp. baking soda, 1/2 tsp. cream of tartar.
	1 tsp. equals 1/4 tsp. baking soda plus 1/2 c. buttermilk or yogurt.
Bread crumbs	1/3 c. dry equals 1 sl. bread.
	3/4 c. soft equals 1 sl. bread.
Butter	1 c. equals 7/8 c. cooking oil.
Buttermilk	1 c. equals 1 c. yogurt.
Cake flour	1 c. equals 1 c. minus 2 tbsp. of sifted all-purpose flour.
Chocolate	1 oz. unsweetended chocolate equals 3 tbsp. cocoa, plus 1 tbsp. cooking oil or margarine.
	1 oz. unsweetened chocolate equals 3 tbsp. carob powder, plus 2 tbsp. water.
	1 oz. unsweetened chocolate, plus 4 tsp. sugar equals 1-2/3 oz. semisweet chocolate.
Cracker crumbs	3/4 c. equals 1 c. dry bread crumbs.
Cream	1 c. whipping cream equals 2/3 c. well-chilled evaporated milk, whipped.
	1/2 c. nonfat dry milk whipped with 1/4 c. ice water.
	1 c. heavy cream equals 3/4 c. milk plus 1/3 butter (sorry, this combination won't whip).
Flour (as a thickener)	1 tbsp. equals 1 tsp. cornstarch or arrowroot starch or 2 tsp. quick-cooking tapioca.
Garlic	1/8 tsp. garlic powder equals 1 small clove.
Ginger	1 tbsp. candied (washed of sugar) or 1 tbsp. raw equals 1/8 tsp. powdered ginger.
Honey	In baking bread and rolls 1 c. honey equals 1 c. sugar, but in cakes and cookies, use 7/8 c. honey for 1 c. sugar (and also reduce the liquid in the recipe by 1/4 c.). If there is no sour cream or sour milk used in the recipe, add a pinch of baking soda.
Horseradish	1 tbsp. fresh equals 2 tbsp. bottled.

Ketchup	**1/2 c. equals 1/2 c. tomato sauce, plus 1 tbsp. vinegar, 1/8 tsp. ground clove, 1 to 2 tbsp. sugar (to taste).**
Lemon juice	**1 tsp. juice equals 1/2 tsp. vinegar.**
Milk	**1 c. equals 1/2 c. evaporated, plus 1/2 c. water.**
	1 c. equals 1/3 c. powdered milk, plus 9/10 c. water.
Mustard	**1 tbsp. prepared equals 1 tsp. dried.**
Onion	**1 tbsp. instant minced onion equals 1 small fresh onion, chopped.**
Sour cream	**1 c. equals 3 tbsp. butter, plus 7/8 c. sour milk, buttermilk, or yogurt.**
Sour milk	**1 c. equals 1 c. lukewarm milk minus 1 tbsp. milk and add 1 tbsp. white vinegar or lemon juice. Let stand 5 minutes.**
Soy sauce	**1/4 c. equals 3 tbsp. worcestershire sauce plus 1 tbsp. water.**
Sugar	**1 c. equals 1-3/4 c. confectioner's sugar (do not use in baking).**
	1 c. equals 1 c. firmly packed brown sugar.
Tartar sauce	**1/4 c. equals 1/4 c. mayonnaise with relish or chopped dill pickle to taste.**
Tomatoes	**1-1/2 c. chopped fresh tomatoes equals 1 c. canned.**

Shopping Tips

a. Keep a note pad in your kitchen to jot down needed items.

b. Prepare a menu and shopping list.

c. Be organized and shop as infrequently as possible to conserve time, money, and energy.

d. Shop whatever days of the week your store offers price advantages.

e. Take advantage of sales, specials and coupons, but not without evaluating the products.

f. Don't shop when you're hungry.

g. Allow enough time to compare products, prices, read labels. Use unit pricing and nutrition labeling for comparisons of products.

h. Buy and try different brands.

i. Look for open date labeling to estimate freshness.

j. Control impulse buying.

k. Buy only needed amounts of perishable foods.

l. Talk to your store manager if you're dissatisfied with service, store policy, or product quality.

m. Plan your essentials before adding to your shopping list. Check your foods on hand and plan a tentative menu, but be flexible if you do find a good special.

Convenience foods (like TV dinners and prepared desserts) often are much more costly than foods requiring preparation at home, but require less time in the kitchen. If you have time, preparing foods from "scratch" can often be a money-saving measure.

Food stamps may be a method by which you can increase your buying power. They help stretch your food dollar so a greater variety of foods may be bought. Families or single persons who meet nationwide standards based on income, resources, and work classifications are eligible. The Food Stamp Program is not a food handout; you pay for the vouchers but the vouchers are worth more than they cost you. This enables you to use the extra buying power to get more food for your money. Contact the Community Health Nurse, or your county Department of Social Services for information.

Special Diet Terms

For consumers on a calorie restricted or diabetic diet, labeling of lower calorie foods can be confusing. New rules have been published by the Food and Drug Administration (FDA) that have made clear-cut definitions for weight control products. The following terms and explanations have been established for weight control products:

a. *Diabetic* food items must be labeled with the following statement: "This product may be useful in your diet on the advice of your physician. This food is not a reduced calorie food."

NOTE: If the food meets the FDA requirements for the claim of a reduced calorie food, the second sentence of the statement may be dropped.

b. *Diet Sodas* must be at least 50 percent reduced in calories to be classified as such (6 calories per ounce). These products are also subject to saccharin and aspartame labeling and warnings.

c. *Low Calorie* foods will not provide more than 40 calories per serving (or 4/10 calorie per gram, 11.3 calories per ounce). A complete nutrition label must appear on the product.

d. *Reduced Calorie* foods must be one third lower in calories than a similar food. The label must show a comparison between the reduced calorie food and the regular item, and provide a complete nutrition label.

e. *Sugar Free* foods must also be labeled "low calorie" or "reduced calorie" and are subject to the same labeling requirements.

f. *Sugarless* cannot appear on a product (except gums and mints) if it contains sorbitol, mannitol, or other sugar alcohols.

g. *Unsweetened* or "contains no added sugar" often appears on juices or fruit packed in its own juice.

Terms Explained for the Consumer

a. *Chocolate Flavored Milk.* Made from pasteurized *whole* milk with sugar and chocolate syrup or cocoa added.

b. *Chocolate Flavored Milk Drink.* Made from skim or partially skimmed milk and is flavored with sugar and chocolate syrup.

c. *Cultured Buttermilk.* Pasteurized skim milk that has been soured by lactic acid producing bacteria.

d. *Half-and-Half Cream.* A mixture of milk and cream, homogenized. It must have between 10- and 12-percent milk fat.

e. *Heavy Whipping Cream.* Cream with at least 36 percent milk fat.

f. *Ice Milk.* Milk with less calories than ice cream and usually contains 2- to 7-percent milk fat compared with 10- and 20-percent milk fat in ice cream.

g. *Light Cream.* Coffee or table cream—must have at least 18-percent milk fat.

h. *Light Whipping Cream.* Cream with at least 30-percent milk fat.

i. *Low Fat Cottage Cheese.* Contains 1/2- to 2-percent milk fat compared with the 4-percent milk fat in regular cottage cheese.

j. Nondairy Products. Creamers and whipped toppings—imitation products that do not meet the nutritional standards for the products they resemble. These products are made from water, hydrogenated oils (usually saturated), sugar, stabilizers, flavors, and colors. The fat content and cost are lower than coffee and whipped creams.

k. *Nonfat Dry Milk.* Made by removing nearly all the fat and water from pasteurized milk. Nonfat dry milk has about half the calories of whole milk and the same nutritive value of fresh skim milk.

l. *Pasteurized Process Cheese.* A blend of natural cheese heated to the point at which all further aging stops. Emulsifying agents are added to keep the fat and water from separating.

m. *Pasteurized Process Cheese Food.* Similar to pasteurized process cheese, except the fat and protein contents are lower and the water content is higher.

n. *Pasteurized Process Cheese Spread.* Similar to pasteurized process cheese food, except the fat and protein contents are even lower and the water content is still higher.

o. *USDA Choice.* A high quality grade of beef sold in most stores. Still very tender, juicy, and flavorful.

p. *USDA Good.* The grade of beef that is most lean and less expensive than choice and prime. Meat is fairly tender, but not as flavorful as choice or prime.

q. *USDA Prime. The top grade of beef that contains the most fat to make it most tender, juicy, and flavorful.*

Patient Reference

AFP 166-9, Know What You're Eating—A Key to Health.

BY ORDER OF THE SECRETARY OF THE AIR FORCE

OFFICIAL

LARRY D. WELCH, General, USAF
Chief of Staff

WILLIAM O. NATIONS, Colonel, USAF
Director of Information Management
and Administration

*U.S. Government Printing Office : 1987 - 180-976/72051